

FIG. 1

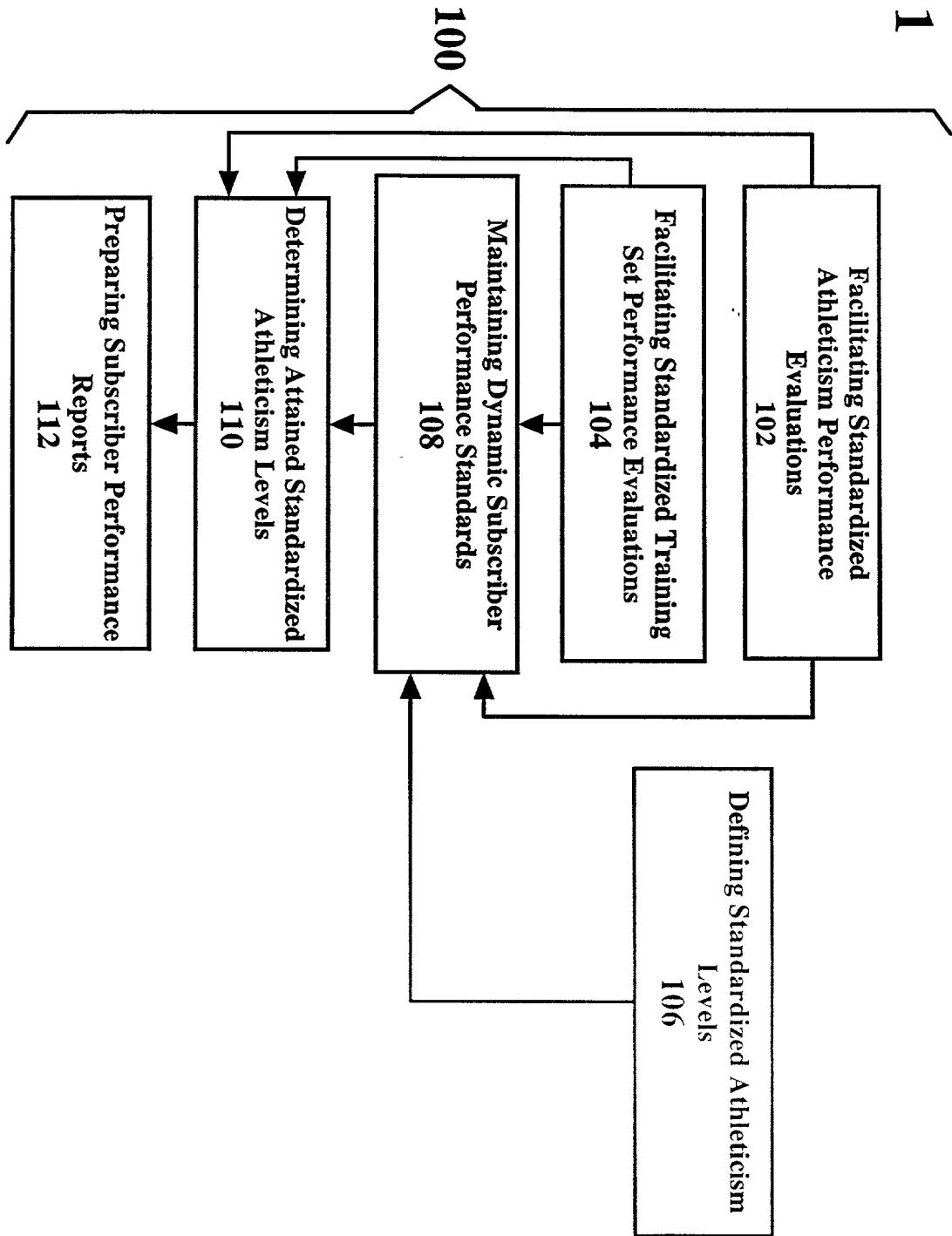


FIG. 2

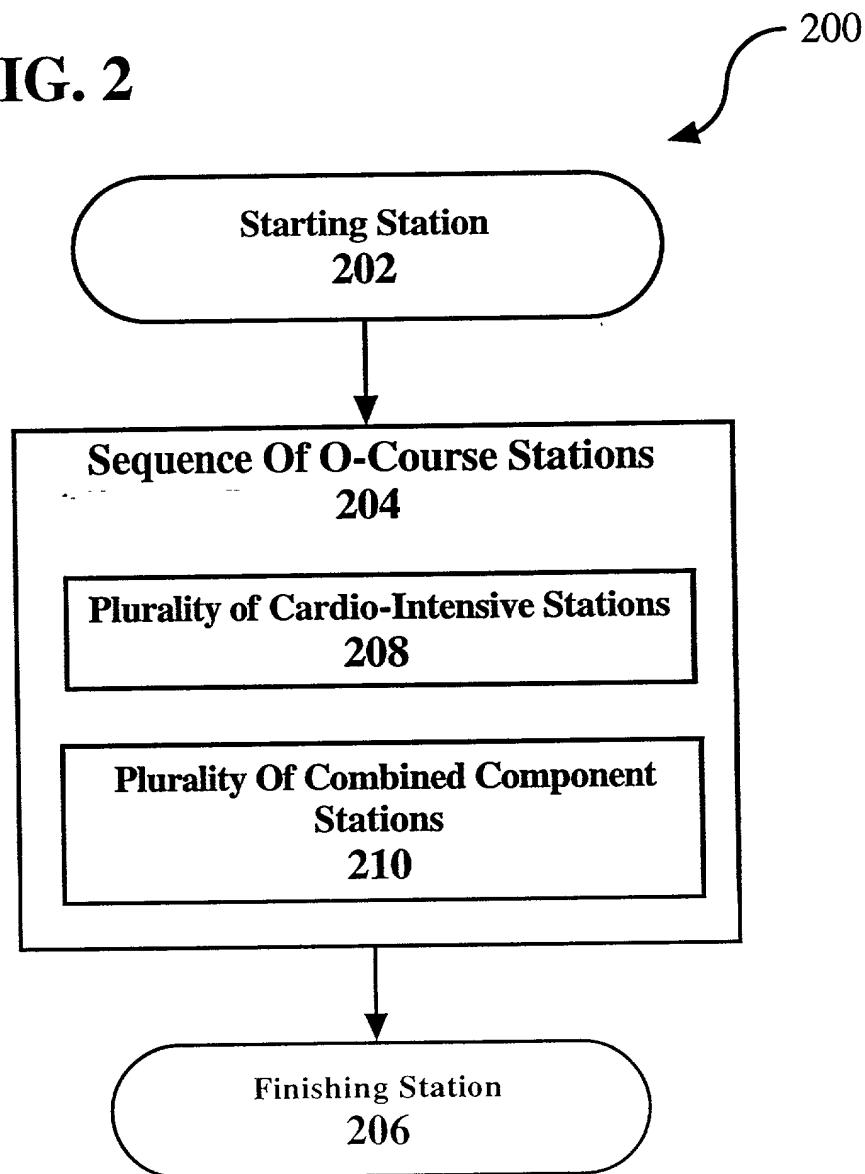


FIG. 3

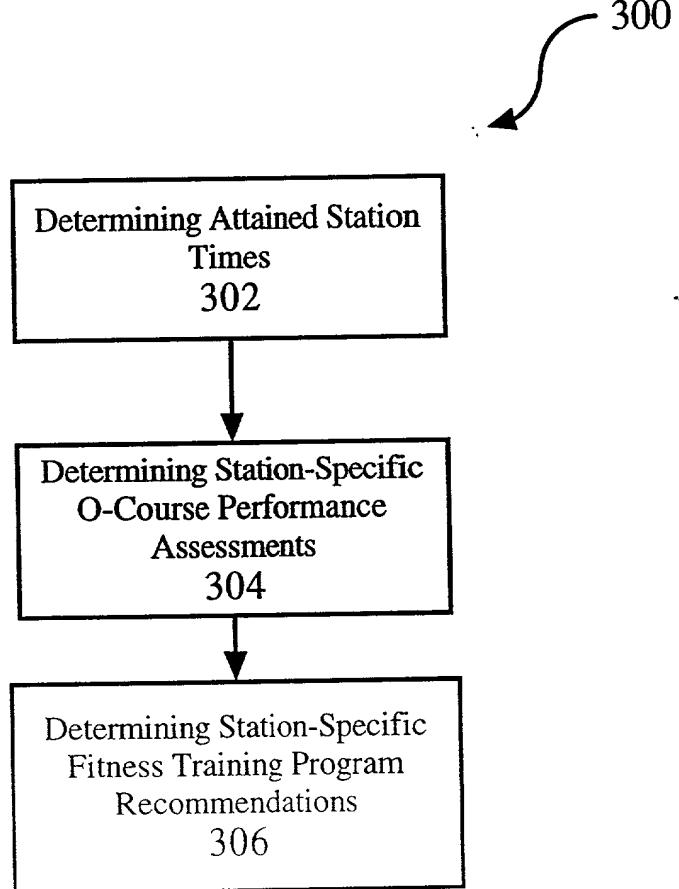


FIG. 4

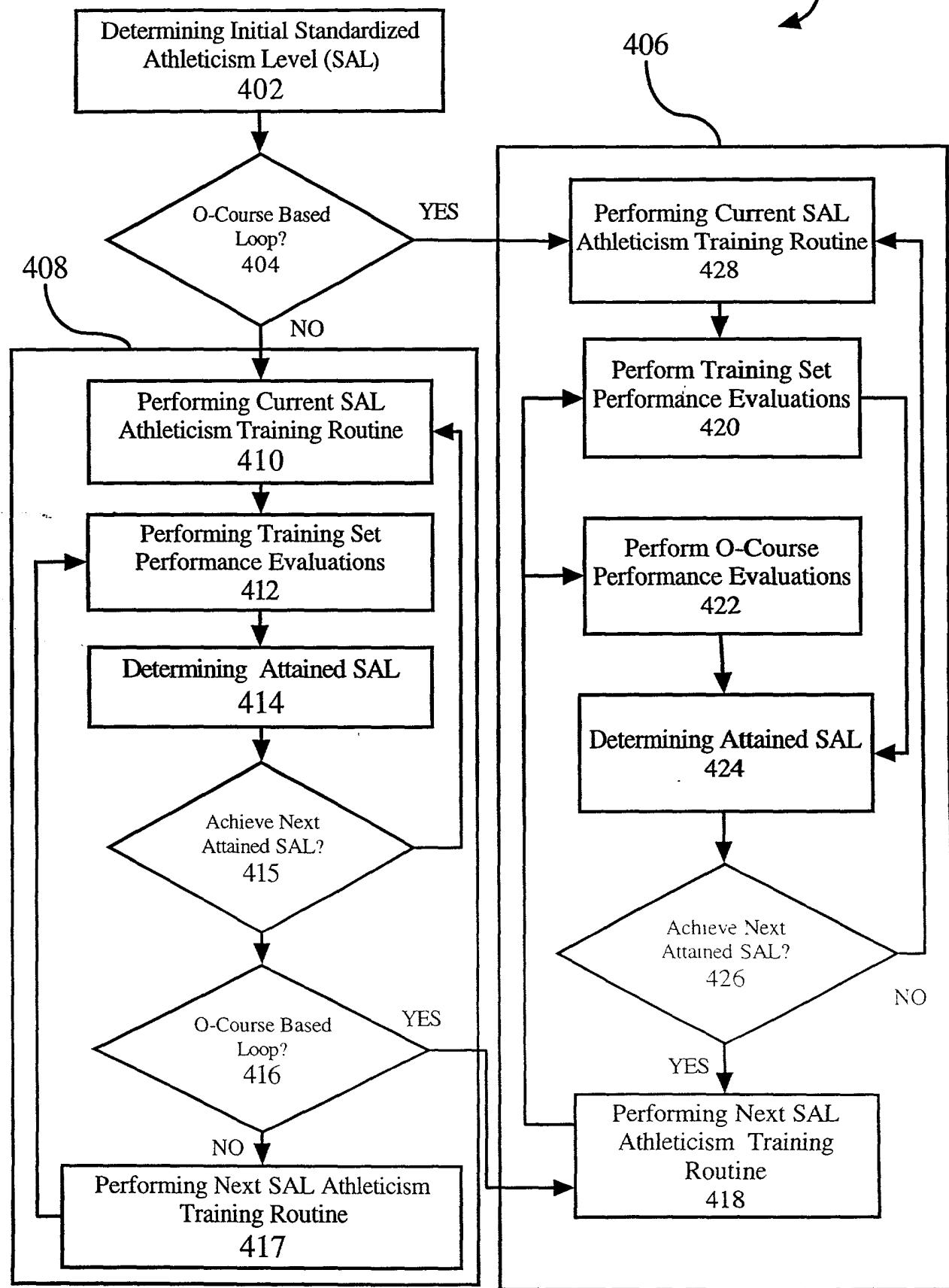


FIG. 5

FIGURE 5 - FIGURE 5

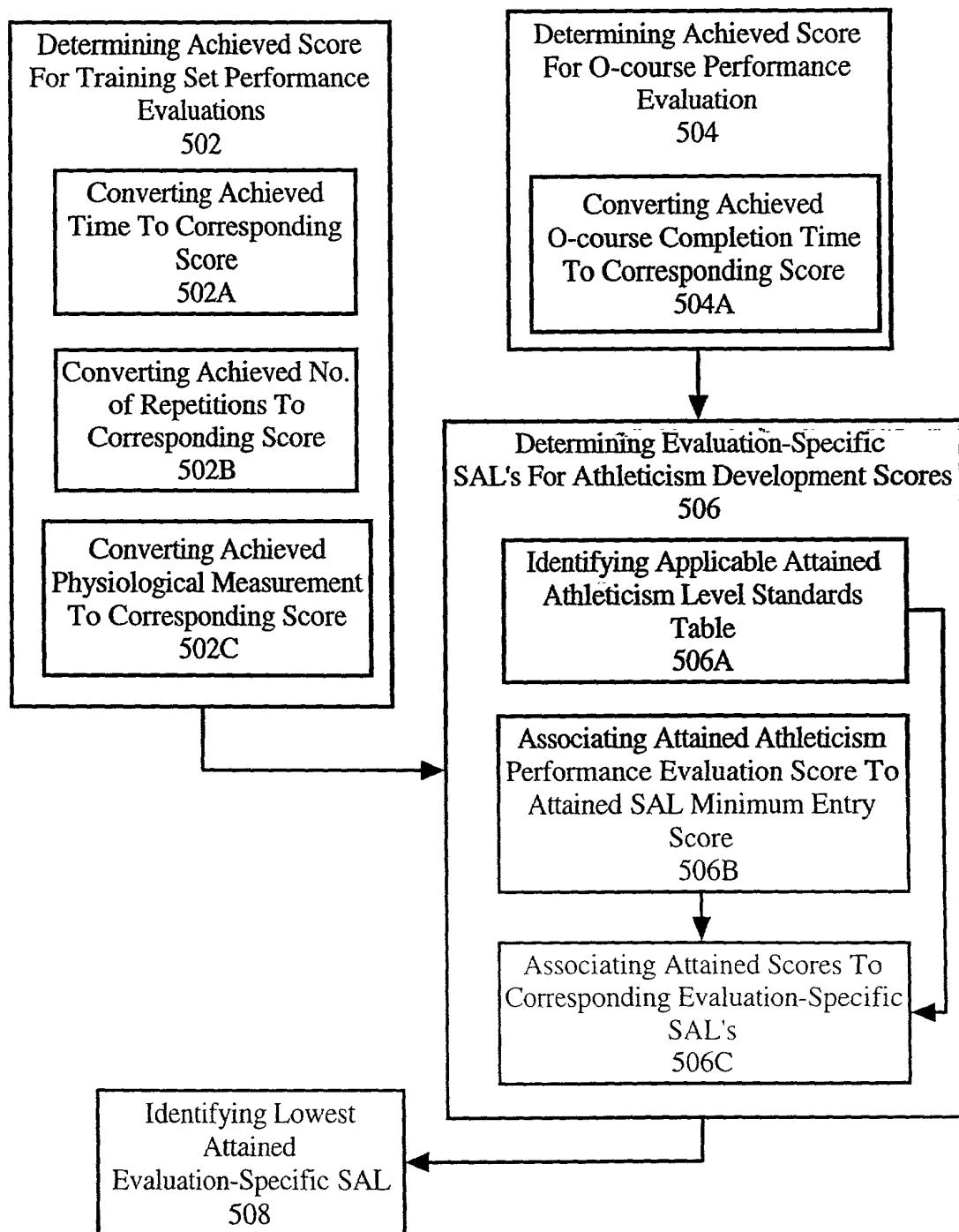


FIG. 6

600

602

604

| LEVEL | Resting Heart Rate | Body Fat | 3 Minute | Push-Up | Sit-Up | 1 1/2 Mile Run | Flex | T-Test | 40 Yd. Sprint |
|--------|--------------------|----------|----------|---------|--------|----------------|------|--------|---------------|
| L7 | 1111 | 1740 | 1076 | 993 | 1000 | 1014 | 1111 | 1015 | 975 |
| L6 | 983 | 1624 | 966 | 800 | 800 | 812 | 1000 | 892 | 893 |
| L5 | 923 | 1436 | 876 | 542 | 533 | 713 | 889 | 803 | 759 |
| L4 | 857 | 1304 | 801 | 284 | 266 | 649 | 833 | 715 | 630 |
| L3 | 811 | 1104 | 732 | 129 | 133 | 586 | 667 | 602 | 520 |
| L2 | 740 | 836 | 675 | 65 | 67 | 550 | 556 | 498 | 390 |
| Novice | 681 | 600 | 607 | 13 | 12 | 468 | 389 | 377 | 310 |

| LEVEL | White | Red | Black |
|-------|-------|------|-------|
| L7 | | 1740 | 1076 |
| L6 | | 1075 | 966 |
| L5 | | 890 | 690 |
| L4 | 1450 | 850 | |
| L3 | 987 | | |

FIG. 7A

700

Subscriber Performance Report: Summary Page
For Evaluation on 8/14/01

Summary Training Set O-Course

708

Select Comparison Population

Your Fitness Club Subscribers
 City-Wide Subscribers
 Regional Subscribers
 State Subscribers
 National Subscribers
 Global Subscribers
 Best-Of-The-Best Subscribers

712

Define Comparison Criterion

Age ▾
Gender ▾
Program Background ▾

714

Reset Criterion

702

-701-
-702
-701-
710

Rankings

Overall Attained SAL Ranking: of 16 Percentile
Training Set Evaluation Ranking: of 8 Percentile
More Info
O-Course Evaluation Ranking: of 18 Percentile
More Info
Weeks-In-Program Ranking: of 16 Percentile
More Info
Days At Present level Ranking: of 26 Percentile
More Info

716

718

SAL: 4

SUBMIT

715

FIG. 7B

Subscriber Performance Report: Training Set Page

For Evaluation on 8/14/01

SAL: 4

Summary **Training Set** **O-Course**

708

Component-By-Component Rankings

| | PB | 724 | 726 |
|--------------------------|--------------|---------------|------------------|
| Resting Heart Rate: | 452 of 2,432 | 19 Percentile | More Info |
| Skin Fold Measurement: | 642 of 2,432 | 26 Percentile | More Info |
| Push-Up Test: | 858 of 2,432 | 35 Percentile | More Info |
| Sit-Up Test: | 35 of 2,432 | 1 Percentile | More Info |
| 3-Minute Step Test | 534 of 2,432 | 22 Percentile | More Info |
| Flexibility Test | 611 of 2,432 | 25 Percentile | More Info |
| Pull-Up Test: | 524 of 2,432 | 22 Percentile | More Info |
| 1.5-Mile Timed Run Test: | 860 of 2,432 | 35 Percentile | More Info |
| T-Test: | 123 of 2,432 | 5 Percentile | More Info |
| 40-Yard Sprint: | 835 of 2,432 | 34 Percentile | More Info |

Component-By-Component Score Assessment

| | PB | 724 | 726 |
|--------------------------|--------------|--------------|------------------|
| Resting Heart Rate: | 54 bpm | -1 bpm | More Info |
| Body Fat: | 18 units | -3 units | More Info |
| Push-Up Test: | 42 reps/min. | +6 reps/min. | More Info |
| Sit-Up Test: | 38 reps/min. | +9 reps/min. | More Info |
| 3-Minute Step Test | 72 bpm | -10 bpm | More Info |
| Flexibility Test | 9.25 in. | +4.5 in. | More Info |
| Pull-Up Test: | 42 reps. | +8 reps. | More Info |
| 1.5-Mile Timed Run Test: | 10.4 min. | -4.6 min. | More Info |
| T-Test: | 31 sec. | -2.1 sec. | More Info |
| 40-Yard Sprint: | 5.8 sec. | -1.3 sec. | More Info |

FIG. 8

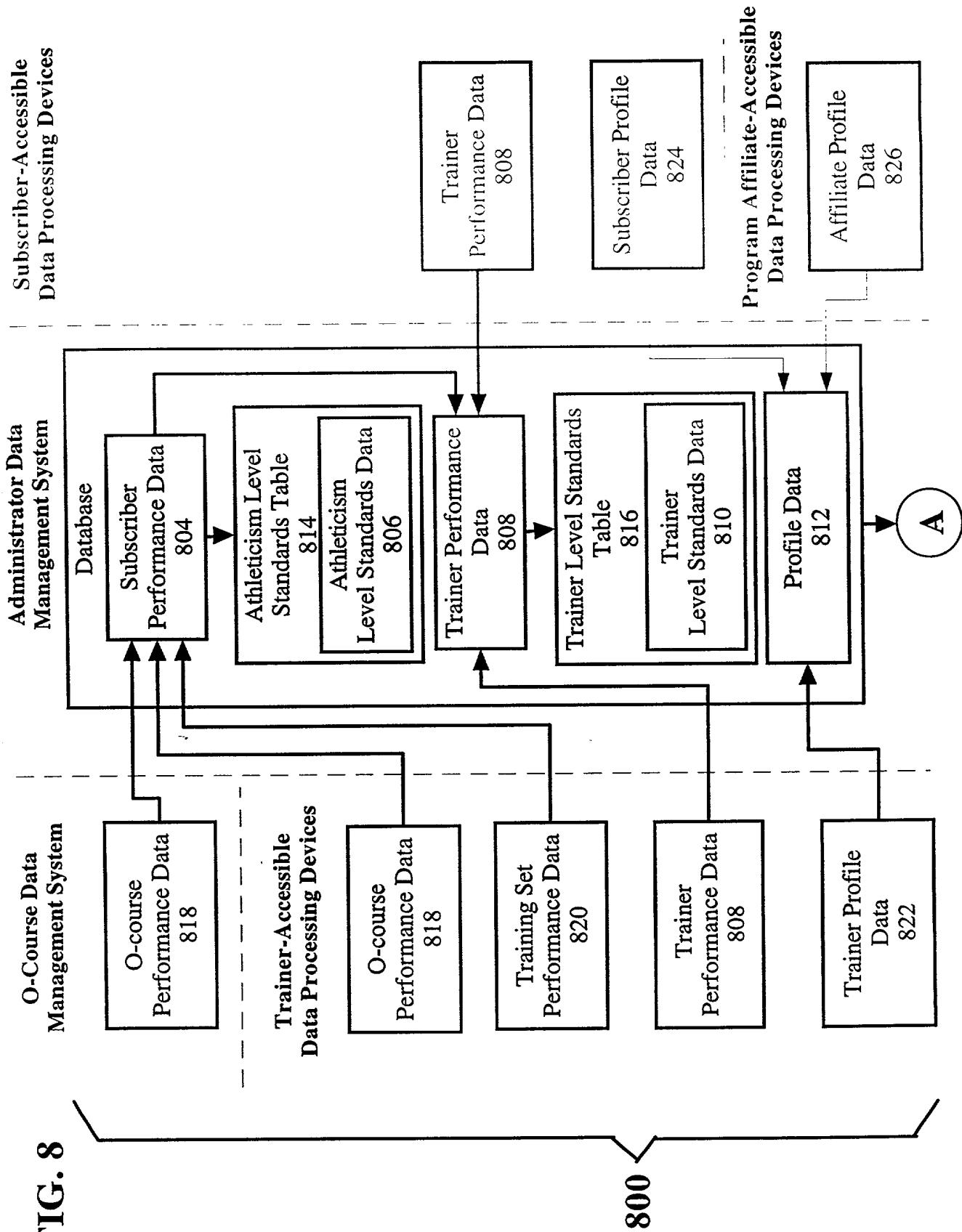


FIG. 9

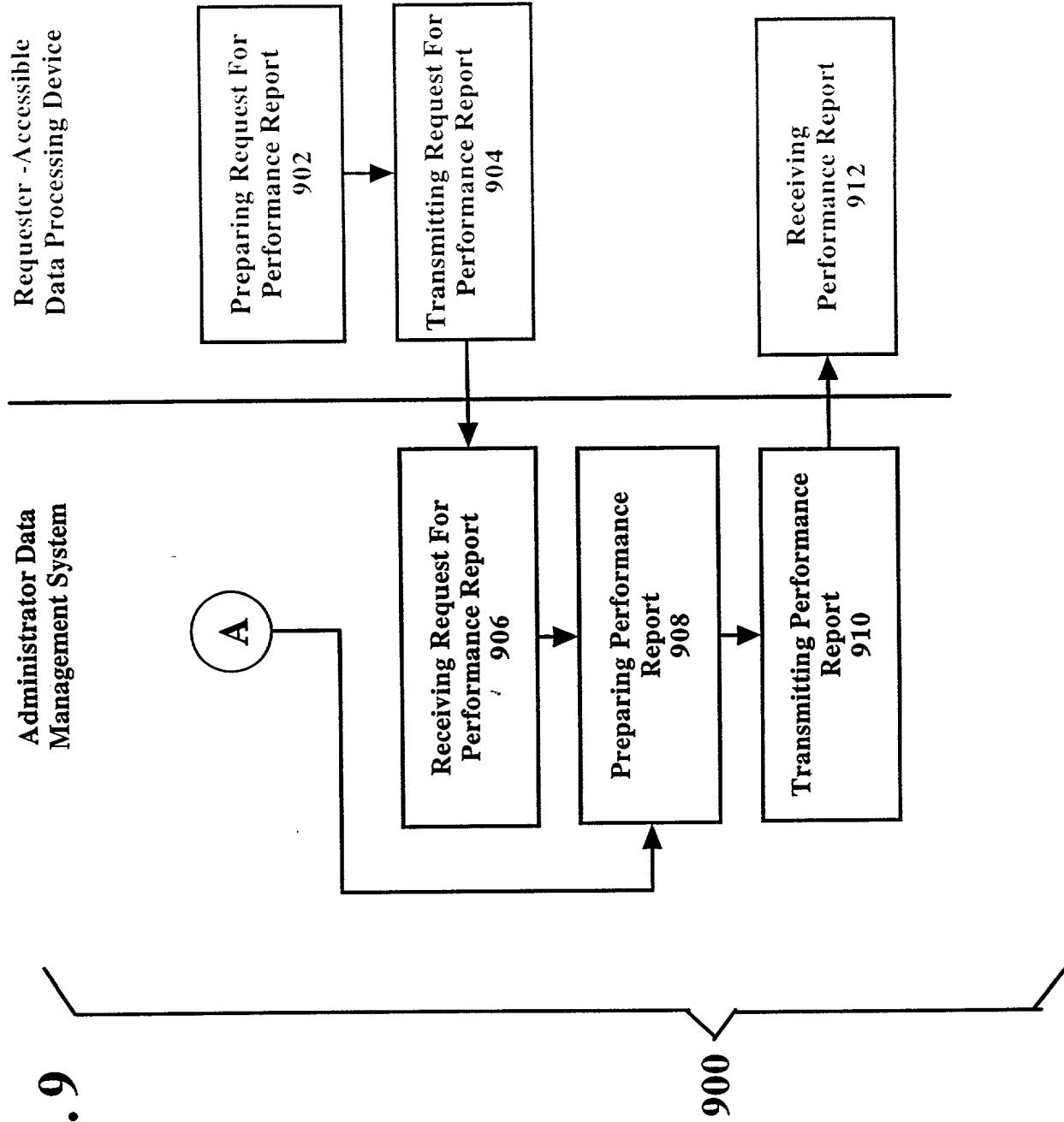


FIG. 10

